

## **Is Meditation the solution to less stress and more success?**

This is a story about two ants - a sugar ant and a salt ant. The sugar ant lived on his sugar pile and ate sugar happily all day. The salt lived on his salt pile and ate salt all day. One day the sugar ant said to the salt ant why do you come to my sugar pile and try some sugar. Sugar is much sweeter than salt, you will enjoy it more, he said. So the salt ant came over to the sugar pile and tasted the sugar. It tastes the same, said the salt ant. The sugar ant did not believe this to be true, so he look closer. You have a small lump of salt in your mouth, the sugar ant said, you need to let that go first before you can taste the sugar. So the salt ant overcame his fear of not knowing what the sugar was going to be like, let go of the salt and enjoyed the sugar. So what is the moral of this story?

For us to let our brilliance shine and enjoy limitless happiness, intelligence and freedom, we have to let go of our worries and our cravings. However, this is easier said than done. We see today that stress is a huge problem, both for young people and for older people.

One way of trying to reduce stress is to change the world around us, to re-organise so that some of the triggers of stress do not occur.

The other way is to look within, to develop inner mental strength so that we can let go of worries and cravings, and focus on the beauty around us. The way of meditation is about developing this inner strength to so that irritations, fears and anxieties can be let go. The way of meditation allows us to recharge with fine energy our body, mind and heart so that we can embrace fully the world around us.

With a well, you draw water during the day. You leave it at night and find another supply of water again the next day, because there is that inner stream of water which is concealed from the water seen in the well.

Meditation is like going to the well, with meditation we can found new energy, clarity and enthusiasm that was not there before.

So this week, consider the following challenge?

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